



**“I finally feel like I’m not alone. I feel heard, and supported when I speak with a family peer supporter because they “get it” and I don’t have to feel ashamed or alone in my struggles with my child. It is so freeing to speak with someone here. Thank you.”**

# Foundry Virtual BC Supports for Caregivers

## Support for your youth and for you

**Foundry offers free same day and scheduled counselling & peer support, substance use services, groups, Medical Services (Physical and Sexual Healthcare) and employment services for young people ages 12-24 across British Columbia.**

In addition to support for young people, caregivers of youth ages 12-24 can also access counselling, family peer support, and groups for caregivers.

All services offered are **free** and **confidential**. We offer video, audio, and chat options. No referrals are required.

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**“Supporting a loved one can be challenging– you don’t have to go through it alone”**

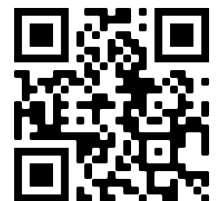
– Foundry Family Peer Supporter

**To register and book an appointment, download the Foundry BC app.**

To learn more call 1-833-308-6379, email [online@foundrybc.ca](mailto:online@foundrybc.ca) or visit [www.foundrybc.ca/virtual](http://www.foundrybc.ca/virtual)

### **Hours:**

Mon-Fri, 10am-9pm  
Sat/Sun 10am-6pm



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